



High Functioning but Tired Reset Framework

Looking capable doesn't always mean feeling energised.
Sometimes the greatest source of fatigue isn't what you're doing,
it's what your mind never gets the chance to put down.

Finish the Day Properly

Write tomorrow's priorities before finishing work
so your brain doesn't rehearse them overnight.

Empty Your Head

Capture unresolved thoughts externally instead of carrying them mentally.

Let Your Mind Go Quiet

Allow short periods without input, planning or optimisation.
